

Quick and easy self-care when you only have:

1 minute:

- Practice deep breathing
- Drink water
- Get up and stretch
- Text a friend
- Moisturize your hands
- Light a candle

3 minutes:

- Clean up your work area
- Make a gratitude list
- Write down a recent win
- Memorize a favorite quote
- Make your bed
- Give yourself a neck rub

5 minutes:

- Play a game on your phone
- Take some steps
- Listen to a favorite song
- Declutter a space in your home
- Watch a [Headspace video](#)
- Make a smoothie

10 minutes:

- Color
- Walk around the block
- Meditate
- Do chair yoga
- Write a card to someone
- Talk with a trusted colleague
- Plan a day trip

